

## URGE TO DRINK SCALE\*

\* The Urge to Drink Scale is a modified version of the PACS. The rationale and psychometric properties of the PACS can be found in:  
Flannery BA, Volpicelli JR, Pettinati HM. Psychometrics Properties of the Penn Alcohol Craving Scale.

**INSTRUCTIONS:** The following questions are designed to help you assess an important aspect of your recovery status: the urge to use. Complete the form by thinking about the past week and placing a check mark by the response that is most true for you.

**1. How often have you thought about drinking or about how good a drink would make you feel during this period?**

- Never, that is, 0 times during this period of time. <sup>(0)</sup>
- Rarely, that is, 1 to 2 times during this period of time. <sup>(1)</sup>
- Occasionally, that is, 3 to 4 times during this period of time. <sup>(2)</sup>
- Sometimes, that is, 5 to 10 times during this period or 1 to 2 times a day. <sup>(3)</sup>
- Often, that is, 11 to 20 times during this period or 2 to 3 times a day. <sup>(4)</sup>
- Most of the time, that is, 20 to 40 times during this period or 3 to 6 times a day. <sup>(5)</sup>
- Nearly all of the time, that is, more than 40 times during this period or more than 6 times a day. <sup>(6)</sup>

**2. At its most severe point, how strong was your urge to drink during this period?**

- None at all. <sup>(0)</sup>
- Slight, that is a very mild urge. <sup>(1)</sup>
- Mild urge. <sup>(2)</sup>
- Moderate urge. <sup>(3)</sup>
- Strong urge, but easily controlled. <sup>(4)</sup>
- Strong urge and difficult to control. <sup>(5)</sup>
- Strong urge and would have drunk alcohol if it were available. <sup>(6)</sup>

**3. How much time have you spent thinking about drinking or about how good a drink would make you feel during this period?**

- None at all. <sup>(0)</sup>
- Less than 20 minutes. <sup>(1)</sup>
- 21-45 minutes. <sup>(2)</sup>
- 46-90 minutes. <sup>(3)</sup>
- 90 minutes — 3 hours. <sup>(4)</sup>
- Between 3 to 6 hours. <sup>(5)</sup>
- More than 6 hours. <sup>(6)</sup>

**4. How difficult would it have been to resist taking a drink during this period of time if you had known a bottle was in your house?**

- Not difficult at all. <sup>(0)</sup>
- Very mildly difficult. <sup>(1)</sup>
- Mildly difficult. <sup>(2)</sup>
- Moderately difficult. <sup>(3)</sup>
- Very difficult. <sup>(4)</sup>
- Extremely difficult. <sup>(5)</sup>
- Would not be able to resist. <sup>(6)</sup>

**5. Keeping in mind your responses to the previous questions, please rate your overall average alcohol urge to drink for the stated period of time?**

- Never thought about drinking and never had the urge to drink. <sup>(0)</sup>
- Rarely thought about drinking and rarely had the urge to drink. <sup>(1)</sup>
- Occasionally thought about drinking and occasionally had the urge to drink. <sup>(2)</sup>
- Sometimes thought about drinking and sometimes had the urge to drink. <sup>(3)</sup>
- Often thought about drinking and often had the urge to drink. <sup>(4)</sup>
- Thought about drinking most of the time and had the urge to drink most of the time. <sup>(5)</sup>
- Thought about drinking nearly all of the time and had the urge to drink nearly all of the time. <sup>(6)</sup>

Score: \_\_\_\_\_

A score of 10 or more is in the significant range.

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Los Angeles County – Department of Mental Health

## URGE TO USE SCALE